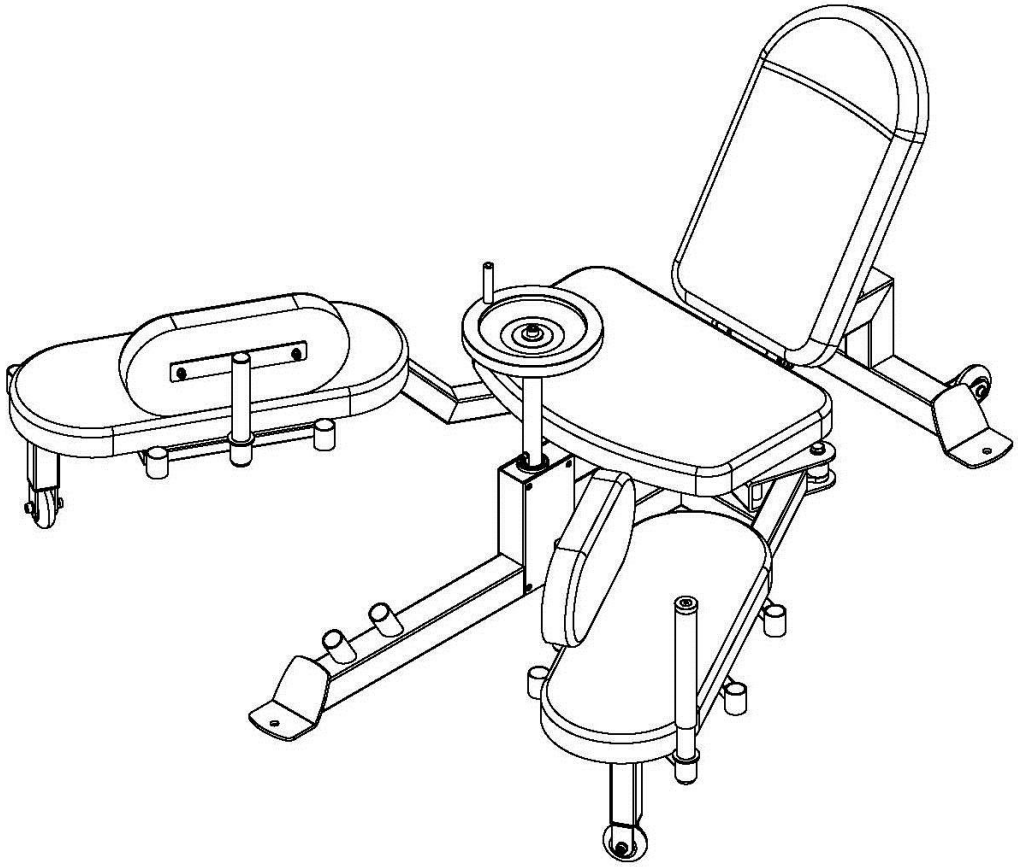
OWNER'S MANUAL F-PSXL

Pro Stretch XL – Leg Stretcher



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL

FORCE USA – PRO STRETCH XL - LEG STRETCHER

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if your experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

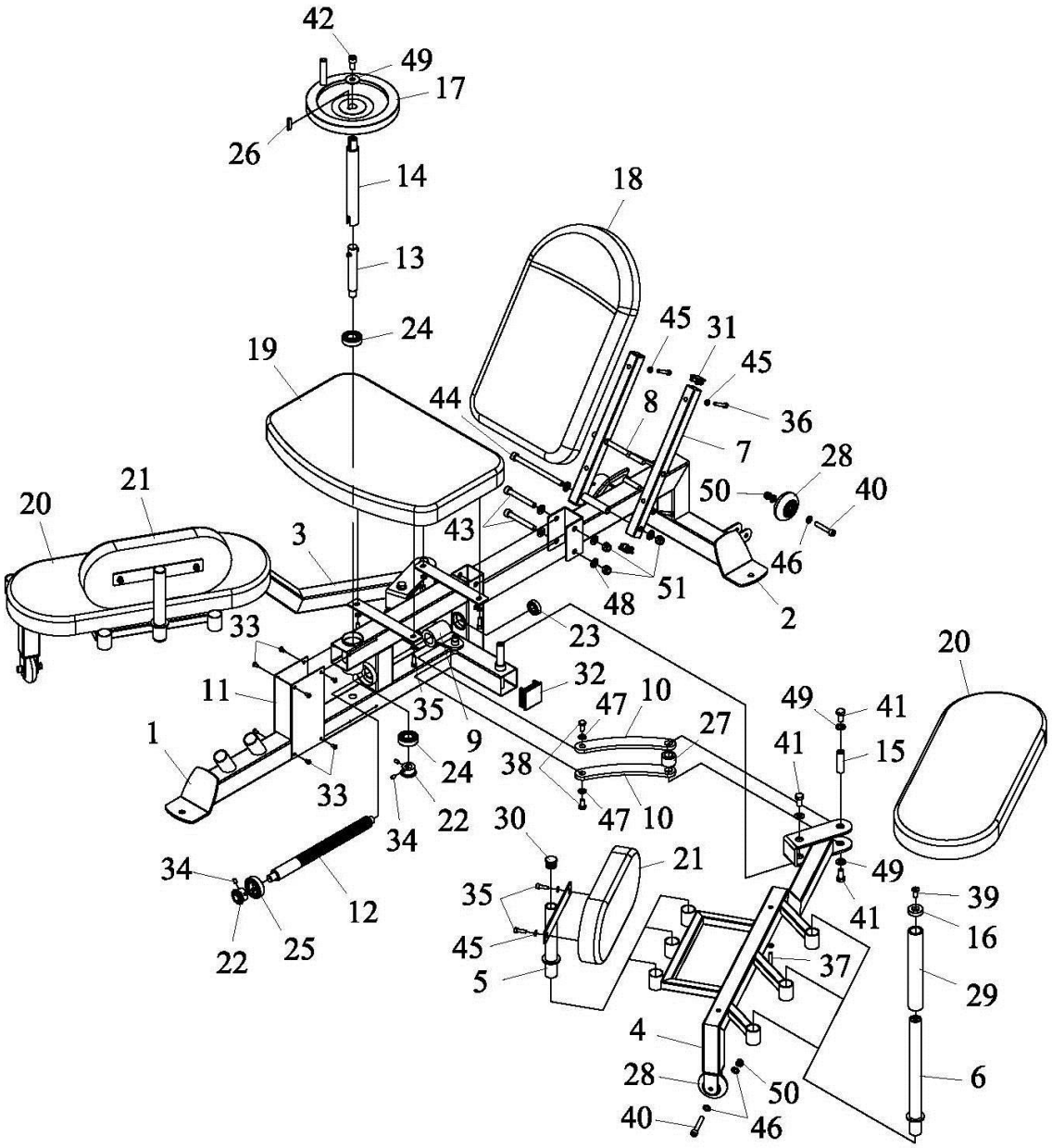
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM

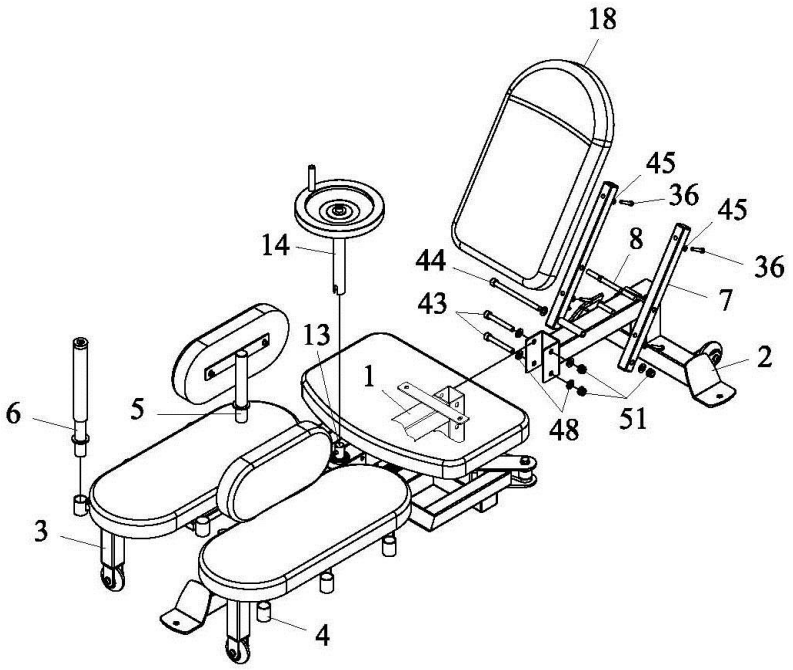


PART LIST

NUMBER	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	REAR FRAME	1
3	RIGHT SUPPORT	1
4	LEFT SUPPORT	1
5	AGAINST TUBE	2
6	HANDLE BAR	1
7	BACKREST SUPPORT	2
8	ADJUSTABLE SUPPORT	1
9	JOINT BASE	1
10	JOINT PLATE	4
11	COVER	1
12	DRIVE SCREW	1
13	DRIVE SHAFT	1
14	SUPPORT AXIS	1
15	AXIS	2
16	SHEATHING	1
17	CIRCULAR RIM	1
18	BACKREST CUSHION	1
19	SEAT CUSHION	1
20	LEG CUSHION	2
21	AGAINST CUSHION	2
22	HELICAL GEAR	2
23	BEARING-6002	1
24	BEARING-6004	2
25	BEARING-6005	1
26	FLAT KEY	1

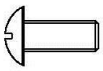
NUMBER	DESCRIPTION	Q'TY
27	BUSHING	2
28	WHEEL	4
29	FOAM ROLLER	1
30	ROUND PLUG	2
31	SQUARE PLUG-25	4
32	SQUARE PLUG-50	2
33	M5*12 CROSS HEAD SCREW	8
34	M6*12 SOCKET SCREW	4
35	M6*16 SOCKET CAP SCREW	8
36	M6*40 SOCKET CAP SCREW	4
37	M6*55 SOCKET CAP SCREW	4
38	M8*16 HEX HEAD SCREW	4
39	M8*25 SOCKET SCREW	1
40	M8*45 SOCKET CAP SCREW	4
41	M10*20 HEX HEAD SCREW	6
42	M10*20 SOCKET CAP SCREW	1
43	M10*75 SOCKET CAP SCREW	2
44	M10*140 SOCKET CAP SCREW	1
45	6MM WASHER	16
46	8MM WASHER	8
47	8MM BIG WASHER	4
48	10MM WASHER	6
49	10MM BIG WASHER	7
50	M8 LOCK NUT	4
51	M10 LOCK NUT	3

ASSEMBLY INSTRUCTIONS



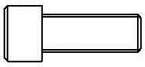
Note: Most parts were formerly assembled in the factory.

1. Attach REAR FRAME (2) to MAIN FRAME (1) using two SCREWS M10*75 (43), four WASHERS 10MM (48) and two LOCK NUTS M10 (51).
2. Insert axis on ADJUSTABLE SUPPORT (8) into mid hole on BACKREST SUPPORT (7).
3. Attach BACKREST SUPPORT (7) to REAR FRAME (2) using SCREW M10*140 (44), two WASHERS 10MM (48) and LOCK NUT M10 (51).
4. Attach BACKREST CUSHION (18) to BAREST SUPPORT (7) using four SCREWS M6*40 (36) and four WASHERS 6MM (45).
5. Insert SUPPORT AXIS (14) onto port of DRIVE SHAFT (13).
6. Insert AGAINST TUBE (5) into tubes on RIGHT AND LEFT SUPPORT (3, 4).
7. Insert HANDLE BAR (6) into proper tube on RIGHT AND LEFT SUPPORT (3, 4).



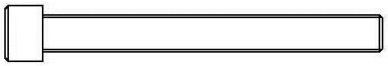
#33 M5 × 12 Cross Head Screw (Qty 8)

#34 M6 × 12 Socket Screw (Qty 4)

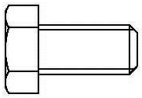


#35 M6 × 16 Socket Cap Screw (Qty 8)

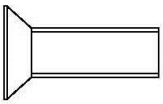
#36 M6 × 40 Socket Cap Screw (Qty 4)



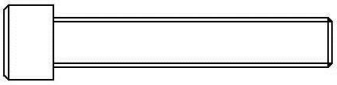
#37 M6 × 55 Socket Cap Screw (Qty 4)



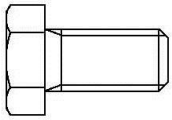
#38 M8 × 16 Hex Head Screw (Qty 4)



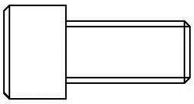
#39 M8 × 25 Socket Screw (Qty 1)



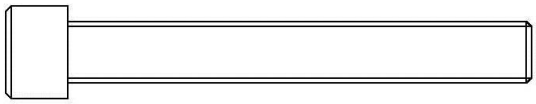
#40 M8 × 45 Socket Cap Screw (Qty 4)



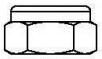
#41 M10 × 20 Hex Head Screw (Qty 6)



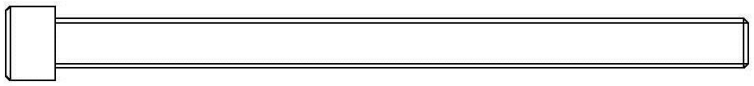
#42 M10 × 25 Socket Cap Screw (Qty 1)



#43 M10 × 75 Socket Cap Screw (Qty 2)

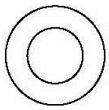


#50 M8 Lock Nut (Qty 4)

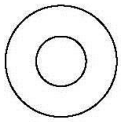


#44 M10 × 140 Socket Cap Screw (Qty 1)

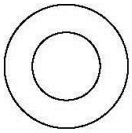
#45 Washer 6 (Qty 16)



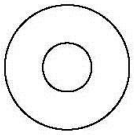
#46 Washer 8 (Qty 8)



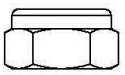
#47 Big Washer 8 (Qty 4)



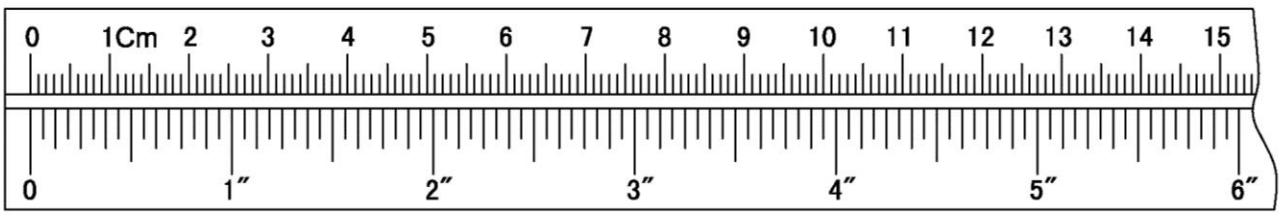
#48 Washer 10 (Qty 6)



#49 Big Washer 10 (Qty 7)



#51 M10 Lock Nut (Qty 3)



LIFETIME WARRANTY ON FRAME

2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.